

BRIDGES

WEDNESDAY, JANUARY 22, 2014

FAVOURITE PLACE:

Peter Mills is always on the lookout for a deal at the Vinyl Exchange. **P. 7**

FASHION:

Don Rice shows off his classic Riders and Expos attire. **P. 14**

ON THE SCENE:

Bridges catches all the excitement as Pink performs at CUC. **P. 20**



GRACE NOTES

HOW DAVID KAPLAN BECAME A LEGEND IN MUSIC – AND LIFE
P. 8

FREE

INVENTORY

We want to hear from you! Tell us about your local business.

Email bridges@thestarphoenix.com

8 THRIVE APRIL 68

THIRTY JUICE: One of Sankofa's first raw and organic cold-pressed juices; \$10.95.

The company provides consumers with nutritionally dense vegetable and fruit juices that are unsweetened and contain no additives or preservatives.

THIRTEEN Juicy Co. hosts a number of pop-up shops throughout Salt Lake City next, pop-up shop will be at Intermountain Travel on South Street on Jan. 20th from noon-6 p.m. You can visit their website "www.thirteenjuicyco.com" to place a pre-order to be picked up throughout the day from the pop-up shop.

In February TH-IRVIE Avco Co. will launch an online-store-and-delivery service to your home or office. TH-IRVIE will also be launching a cleanse program, coffeehouse services, and subscription programs in late February.



THOUGHTS - Page 57 to 58 - SUMMER 1990

A photograph of three different vehicles: a red SUV on the left, a white pickup truck in the center, and a silver sedan on the right. The word "YES!!!" is written in large, bold, orange capital letters across the middle of the image, with "YOU'RE APPROVED!!!" underneath it in a slightly smaller font.

**FREE FAMILY FUN!
EVERY SUNDAY, 2-4 P.M.**

Just drop in. Children should always be accompanied by an adult.

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January 26 at 1 p.m. Artist Talk/Tour
With artist Trace Nelson for her exhibition Walls of Intrigue and Cabinets of Curiosity.

January 26 at 2 p.m. Monkey Business Workshop for Families
Exhibiting artist Trace Nelson will help you create your unique and wonderful Sock Monkey Creatures, made from recycled sweaters and sewing decorations. All materials provided. Call Carol at 306-975-8144 to register.

February 2 at 2 p.m. Drawing Workshop for Adults
Artist Alison Noden introduces you to the joy of drawing. All skill levels welcome. Materials Provided. Call Carol at 306-975-8144 to register.

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David Kaplan shows off some of his ingredients at his home in Saskatoon. BRIANNA PHOTO BY MICHELLE BERG

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CBC reporter Peter Mills loves the Vinyl Exchange – especially the boxes of 33 records. BRIANNA PHOTO BY MICHELLE BERG

BRIDGES COVER PHOTO BY MICHELLE BERG

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CITY NEWS

NUTRITIONIST

Seniors need to take charge of their health

By Edna Manning

Canadians, including seniors, are becoming increasingly aware of the need to take charge of their health. They are recognizing there are steps they can take to build their immune system and prevent illness.

"I'm receiving more and more requests to do talks for seniors," says Pauline Mills, a nutritional consultant, writer and speaker who's been conducting healthy living and eating workshops for over 30 years and has written five books on the subjects of nutrition, including *Eat Away Blood Pressure and Diabetes: Recipes for Healthy Living* (which the non-fiction best seller list at McNally Robinson re-publication and Whistling).

"By changing our lifestyles we can build healthy habits that will restore our immune systems, give us more energy and keep our minds sharp and clear. Drugs may get rid of symptoms but they don't heal the body. Healing and rebuilding comes from the outside and takes time," she explains.

The following are four areas seniors may wish to focus on when it comes to nutrition and well-being. Mills says:

The first is dealing with the fact that digestion becomes less efficient as we age. "When we can't digest certain foods properly the nutrients we eat are being assimilated. In addition, we tend to eat less—particularly if we're living alone. That's why it's important to have a high diet of nutrients."

Strengthening the diet is vital to good digestion. This means increasing protein intake, eating only complex carbohydrates such as rice and oats and whole grain products and legumes and making sure our diet includes healthy fats and oils. Doing so will also improve digestion.

The second area of attention is

the brain. Healthy fats and good quality protein trigger the production of brain chemicals that improve concentration, alertness and clear thinking. Natural fats include avocados, raw nuts and seeds, naturally occurring fats in organic meats and wild fish, cold pressed olive oil, organic coconut oil and butter. We need the correct amount of protein throughout the day such as yogurt, eggs, cheeses and fish or legumes and grains if you are eating a vegetarian meal.

Dealing with memory issues is also of concern to many seniors.

vitamins B and C are essential

for the brain. These properties

help them in cells to help to

control moodiness, restlessness,

tension and fatigue. Green leafy

vegetables and whole grains like

oatmeal are good for memory."

Dense health is important as we age. Two major nutrients—calcium and Vitamin D—are essential and it's necessary to have them together, Mills stresses. These nutrients are found in eggs, but for blocking melanins, greens such as spinach and kale, sesame seeds (brought) salmon, sardines and yogurt. "I suggest taking a Vitamin D supplement, particularly during the winter," she adds.

In addition to good nutrition, what other lifestyle habits are important for seniors to implement?

- Learning something new all the time will help keep the brain active.

- Studies show that regular exercise for four hours a week decreases the risk of dementia by 35 to 40 per cent.

- Socialize regularly — get out and do things with family and friends.

- Hobbies are important — gardening, puzzles, needlework, reading, woodworking, etc.

Mills is offering free shopping with online purchases of all five of her books. Visit www.ednamanning.com or phone 306-248-8880.



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IN THE CITY

JANUARY 19, 2014 — 1:25 P.M.

Blue Rodeo a hockey hit



Blue Rodeo's Jim Cuddy plays shinny with members of the W.H.L.'s Saskatoon Blades during a community civic event at the St. George School on Wednesday. (PHOTO BY MICHELLE REBO)

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon. Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Scouring crates for the thrill of discovery

By Sean Trembath

A trip to the Vinyl Exchange takes Peter Mills back to his younger days.

The CBC reporter has been going to the shop since before high school, looking for good music and mad thrills.

He showed us the best crates to dig in, and told us what makes that long-hauls-down-the-future one of his favourite places in the city.

Q: How far back do you go with the Vinyl Exchange? Do you remember your first visit?

A: Around Grade 9 it would be the first time. My dad never introduced me to it. He was big into metal, alternative rock and punk, and that wasn't one of the few places you could get those kind of CDs. So my first introduction to them was probably Ciller either than vinyl.

But inside there were stories saying it was going to close down, so I always tried to come and do my part by shopping there.

I got my first record player in 2006, and I would always go there because they had the best selection of obscure albums.

Q: Do you remember the first record you ever bought there?

A: Well, the first one I ever owned was from there. It was MSTRKRFT. It was a gift, but it came from there.

Q: Do any particular from the store stand out in your memory?

A: The most part about Vinyl Exchange was always that they would let you listen to CDs or records beforehand. I'd bring in this Dead Head From Above 1996 and I'd decide to give it a listen. I put it on and after 30 seconds I decided



GIC reporter Peter Mills loves the Vinyl Exchange, especially the chance of 75 records. **PHOTO BY MICHELLE RIGO**

to buy it. It's been one of my favorite brands ever since.

That was cool, because I didn't think I would have found it like that if I had just walked in.

Another one that made

me really happy was Dely Pretor and Kanya Rogers' Christmas album. I gave up with that so it was a great find.

One other one that made me really happy was Delly Pretor and Kanya Rogers' Christmas album. I gave up with that so it was a great find.

Q: Does the store hold the same for you now as it did when you first visited?

A: Pretty much. It still looks the same, smells the same. When you walk in that a Vinyl Exchange, just the way it smells.

The guys have been working there forever. They know so much about music. You always come in and hear something you've never heard before, and they'll tell you all about it.

When we were in Grade 11 or 12, that was a cool thing in your group, if you had a broad new brand from Vinyl Exchange. I had a Minnies hoodie for 10 years. I just got rid of it last year.

Q: Do you worry about stores like Vinyl Exchange going out of business?

A: I would have a couple years ago. But vinyl is so big now. There's an essay record store in the city and they're all good. Vinyl Exchange is closest to me and the one I've been going to the longest. I think they're going to be pretty good for awhile. Vinyl sales have been going up while vinyl is And record by Armored Be

vilengard. I think it's been good for them to find more out day. At The Death of From Above 1996 double LP on pink vinyl. I've never been able to afford it. And record by Armored Be

Q: What's the one record you'd like to find once out day?

A: The Death of From Above 1996 double LP on pink vinyl. I've never been able to afford it. And record by Armored Be

Q: Any examples of unique finds?

A: Yeah. I like to collect Sou-

The hoodies on the wall, too.

the hoodies on the wall, too.

ON THE COVER

He is part of the glue that brings and keeps different cultural and ethnic groups in this city together. — James Gillis

By DAVID KAPLAN

His influence in Saskatoon goes beyond music



David Kaplan shows off some of his instruments at his home in Saskatoon. BRIDGET PHOTO BY MICHELLE BONG

By Sean Trembath

David Kaplan is a master craftsman who loves experiencing the music of various cultures. At 50, it's not an easy task to learn. Now the music comes to him.

If you ask me that question next week, it will change by one or two notes. It's not that I'm purchasing but they come at me in all kinds of ways," Kaplan says.

On one side of the table there's a rag, a flute-like woodwind popular in Syria and Iraq, sent by a friend in the Middle East. On the other, a small Bawdian drum, slightly

warped with age, sent by someone who found it in North America and thought of him.

The constant stream of gifts is testament to the number of people Kaplan has touched worldwide. But he's most proud of legacy he's here in Saskatoon, where he has been shaping the musical and cultural landscape for over 10 years. He spearheaded the development of the University of Saskatoon's music department established and led numerous musical groups, and helped put together events designed to unite the city's various cultural groups.

It's like the key to a door. An instrument can be a very important key to a culture.

— David Kaplan



David Kaplan with one of his exotic instruments from around the world. (PHOTO BY ERIN GIBSON/WALLACE)

"He is part of the glue that brings and keeps different cultural and ethnic groups in this city together and he is very unique in that," says Joann Giffen, a longtime colleague who used to patronize Kaplan's shop until its closure Dec. 12, 2013. "David Kaplan is a legend."

"David L. Kaplan Day" is Feb. 26.

Kaplan's widow is reaching out to many local media to request a candlelight memorial service for him at the generally accepted practice of 10 a.m. or place instead, he thinks bigger and better. For him, the way things are set up is the way they need to be. "Music shouldn't be kept to the rich, or the well-born, or even the well-trained."

Leaving about means, and the tools used to make it, is a way of understanding each other,

according to Kaplan.

"It's like the key to a door. An instrument can be a very important key to a culture," he says.

• • •

Growing up on the west side of Chicago exposed Kaplan to a cultural mosaic from the very beginning.

"Where I grew up, there were many different cultures. There were people from Italian backgrounds, Jewish backgrounds. Some people spoke English; some didn't."

His father was a doctor making house calls to families at a cost of two dollars. Continued on page 19

Authentic Amish Cooking



Tuna Melt Pie

2 lbs. 8 oz. cans Tuna
2 cups Celery, chopped
1/2 C. Sweetened Chopped
Mushrooms
1/2 C. Cheddar Cheese
1/2 C. Butter

Fry onions in butter. Sprinkle flour, 1/2 cup cheese and
salt and pepper in bottom of pie plate. Add onions and

Mix together.

1 C. Broccoli

1 1/2 C. Milk

1/2 C. Butter

1/2 C. Flour

1/2 C. Milk

1/2 C. Butter

In the world of music, you don't just want to be a trumpet player. You want to know about the history of everything and why it came about, and you want to know the theory that was going on in the composer's head. That's what he helped to set up. — Brian Unverricht

"Many of the people he visited didn't have foundations built at that age. I knew what it was like to have children running the house," Kaplan says.

His mother played the piano, his first teacher before him. He was lucky enough to go to an elementary school with a full orchestra allowing him to develop quickly.

He couldn't afford to buy all the sheet music he wanted to play so he took the books to the library and copied orchestral scores by hand.

As a teenager he made a name for himself as a soloist on the clarinet and started to play weddings and events.

He spent four years during the Second World War in the U.S. army band. He travelled all over the country playing with stars like Mickey Rooney and Judy Garland, as well as war bands and help recruitment.

It was during one of these trips — to play at the Kentucky Derby — that he met a lovely student named Harriet.

"The last horses, wheelchairs and gals all come from Kentucky," he says with a smile. And so, when he returned to Chicago after the war he brought a bride.

Kaplan studied music at Roosevelt University in Chicago and made some money by teaching at a conservatory for jazz players around town. One particular gig from that period stands out in his mind.

"There was a couple month period, just outside of Chicago, where I worked at a little place where very beautiful women liked their nicotine. They have a word — baroquean," he says.

Even then, he wasn't one to look down on people from certain walks.

"The women were just absolutely wonderful. They were not prostitutes. They were not people of ill repute. They were earning their living, and just like me, they got on the L (train) to get home," says Kaplan.

He completed his degree, then moved around the U.S. for over a decade. He lived in Ohio, Western Illinois and Michigan before taking a job teaching music at West Texas University.

Texas in the 1950s was not known for racial harmony, but again, Kaplan defied convention. He recalls a phone call from one of his students during that period. (The language in the following anecdote seems shocking today, but it was the way some people spoke.)

"Professor Kaplan, there's a couple students here who say they have lessons with you."

"Oh yes, they're from one of the Army bases?"

"But Professor Kaplan, they're black!"

"Thank you. Just tell them it's right there."

He left Texas to study for a PhD at Indiana University. It was there he saw a bulletin board putting out a job at a school in a Canadian province he couldn't pronounce.

The U of G needed someone to teach music to aboriginal students, and they needed it quick.

"They had found a young man in Toronto. The guy came out here and bought an airplane. He found out what the climate is like and headed right back. They were stuck," says Kaplan.

He got the job and came to Saskatchewan in 1966. He was a two-year leave from Indiana. He never left.



David Kaplan plays the piano at his 90th birthday party with family and friends at TCU Places on Dec. 6, 2013. (Photo by Marlo M. Miller)

I know a lot of people in the (Saskatoon) music community. Many of them are music teachers and, almost to a person, they look to him as the linchpin to them being music teachers. They always look back to him as their mentor.

- James Gillis

• • •

Kaplein served with both honor and detailed lesson plans, but soon learned both needed refining. His students had much less musical control than he had expected.

"I had nothing to do with the intelligence of the people. They just hadn't had the opportunity I had growing up in Chicago. Not even close," he says.

He was well liked by his students, despite being a notoriously hard worker.

"If you got a A you were happy — in an undergrad class. He expects a lot of himself and of people around him," says Brian Olszeczk, a former student who would later teach in the music department.

Kaplein established a concert band, something the dean told him was very unusual at a Canadian university, using borrowed instruments.

Continued on Page A2

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David Kaplein shows off some of his instruments at his home in Saskatoon. PHOTOS BY MICHELLE REIS

Nuts About Nature At Beaver Creek Conservation Area



Hi there! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backdoor with your family and friends and enjoy some time away from the city. Borrow a family "Nature Activity Mat-Pad" and take a trail ... nature walks!

Guess what? You can send your questions to me at the address below.

Dear Chip,
Do Red Squirrels Hibernate?

BRI

Dear Bri,
Just think, if you were a hibernator you could go to bed one night and the next time you wake up it would be spring! What a great way to wait out the winter. Many animals, such as chipmunks and ground squirrels, settle in for a long winter's nap in the fall and aren't seen again until late March or early April. Unlike these animals, Red Squirrels are seen year round because they do not hibernate. During the summer and autumn months, Red Squirrels spend most of their time scampering through the forest harvesting the food they will need to survive the winter. Red Squirrels love to eat the seeds of spruce trees. They can gather, and cache up to 14,000 cones in one session. In northern Canada, Red Squirrels store their garbage heap of used cones into winter insulation by building tunnels and nests inside them. Red Squirrels that live in deciduous forests rely on things like rose hips, inkberries, and the buds or catkins of aspen, birch, and balsam.

Send your questions to me at the address below. Then watch Bridges for the answers.

Your pal, Chip

Po Box 10000
101 10th Street East
11th Avenue of Spruce
Redeemer, Saskatchewan
S0K 1C0
Web site: www.sasktel.com/~meewasin/
E-mail: meewasin@telusplanet.net



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On Beaverton Valley Authority
102 3rd Avenue South
Beaumont, SK S0X 2B0
Day tel 307-265-2424

They had found a young man in Toronto. The guy came out here and bought an almanac. He found out what the climate is like and headed right back. They were stuck (with me) — Kaplan

All the while he was teaching full-time teachers.

"I know a lot of people in the (Saskatoon) music community. Many of them are music teachers and, almost to a person, they look to him as the authority there being music teachers. They always look back to him as their mentor," says Golla.

Kaplan found time to travel, including an extended six-month trip that took him to 26 countries. He started in Australia, but Southeast Asia, the Middle East, Scandinavia and Eastern Europe, including Soviet Russia during the Cold War, are ones Kaplan refers to as "The hot campaign."

These travels allowed him to further build his collection of an estimated 10,000 books on all kinds of music, from classical to folk, world, jazz and blues.

"There was the intent of the music-music makers. Think of an absolute surrounded by all kinds of music here," Kaplan says.

He says Ravi Shankar, who became famous in the Western world for his work with The Beatles, played India. It's the first concert Kaplan recalls up when asked for highlights from his travels. He later brought Shankar to play at the U of S.

On a trip to Kenya, he felt that the academics at a local conservatory were abandoning him from the true to call music so he got student to sneak him out to see a tribe known for their drumming and dancing.

Back at the U of S, he established courses focused on world music and history, using his collection and experience as teaching aids.

Even when composing Saraswati compositions, he refused to focus solely on Beethoven and Mozart and the boys," according to Universität Regensburg.

The world of musicians doesn't just want to be a stronger player. You want to know about the history of everything and why it came about, and you want to know the theory that was going on in the composer's head. That's what he helped to set up," says Universität.

Even after Kaplan stepped down as department head, he kept teaching at the U of S for over a decade before retiring for good in 2009.

He continued participating in stu-



(David Kaplan was head of the music department at the U of S and was conductor of the Saskatoon Symphony Club (1970-1980). Photos by E. H. PHOTO BY RICHARD HEDDAM

dents' musical groups in the city like the one on which he, Golla and other locals play Klezmer, a traditional Jewish music style.

He has composed pieces for the Saskatoon Symphony and many other groups. He also did community work through his local Community club and other organizations.

"He has given so much as a musi-

cian of ours," says Golla.

The Saskatoon Kaplan lived in now is vastly different from where he settled in 1960. Even though there was less art, and less diversity there was a quality that instantly appealed to him.

"I liked a uniqueness and if I found it, you just don't find it every where," he remembers.

He speaks with pride about the expansion of culture in the city appropriate given how much he had to do with it.

"I think arts in the city have quadrupled. Look what the city has to offer for the someone who wants to leave

here," he says.

Despite his roots south of the border, leaving Saskatchewan was never a thought for Kaplan.

"People used to ask me all the time when I was going back home. This is my home. Home is where the heart is."

steve@phoenixmedia.com
<http://www.phoenixmedia.com>

Keeping Warm Efficiently

How to insulate your house quickly



By Scott Moulton

The Canadian climate gives us four unique seasons with a significant range in temperature and humidity. This presents a challenge for heating and cooling but insulation can be the best line of defense to ensure a comfortable home year round. Proper insulation will help you warm throughout the winter and cool in the summer.

On the other hand, a poorly insulated home can result in water damage. In the winter there are a few signs that your house does not have adequate insulation, including:

- Walls that are cold to touch
 - Cold floors
 - High heating costs.
 - Uneven (stepping) levels within building.
 - Mold growth on exterior walls
 - Frost damage on your roof after a snow storm.

To make sure you keep as much heat as possible and reduce noise

新編世界地圖

winterize your home. The attic can be the greatest source of heat loss so a simple solution is to increase your home's energy efficiency is to use a

Over time your insulation may settle or compact, creating gaps and loss of R-value. But with the right tools, fixing and upgrading is an easy DIY project. Opt for an easier-to-use loose same wool insulation such as a product called WoolRockIt. It is designed to be sprayed by hand throughout the attic on top of the existing insulation.

To apply it simply open the bag, unroll the insulation with your hands (loosen it up) and spread it over the existing insulation. Make sure you fit in spaces around ducts, piping and piping! Converging these airvoids creates an insulating barrier.

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Quick Tips

Keep your furnace in top shape

As the winter months tick along, gardeners can take simple steps to make sure that the temperature inside the home doesn't drop with the weather outside as follows:

CHANGE THE FILTER ON A REGULAR BASIS. Your furnace filter captures dust, dirt and debris. It is the optimum amount of air sent getting to your furnace and the air quality in your home decreases. It also helps save energy by reducing the load on your furnace.

UPGRADE TO A PROGRAMMABLE THERMOSTAT This will save you money without sacrificing your comfort. Your furnace will work less during the day, saving you money.

GET A TUNE-UP Have a licensed technician perform maintenance to identify any issues and prevent problems.

PROTECT YOURSELF Install carbon monoxide detectors on every level of your home and in each bedroom.



Why take a risk this winter?
Reheat your furnace and light the
future together to ensure that you
need your furnace next winter.

More information on methodology
of new disease sources

SaskEnergy tips for replacing your furnace

When replacing your furnace it is important to choose one that is the right size for your home. A furnace of the proper size will operate more efficiently, cost you less money on heating throughout the season, and provide more continuous heating, resulting in a more comfortable environment.

It is important to note that lumens is efficiency when considering the BTU's per hour input. For example, a 100,000 BTU per hour furnace of 80 per cent efficiency will only provide 80,000 BTUs per hour of usable heat, while a furnace with 90 per cent of efficiency will produce 90,000 BTUs per hour. As a result, when you buy a more-efficient furnace, you likely won't need to stay up with the thermal input of your current unit. To find out how many BTUs per hour your home should be, have a qualified heating contractor perform a home heat loss calculation.

Before replacing your furnace, talk to your Sun-Energy Network Member for a selection of natural gas heating equipment and convenient financing options (EPC). Visit sun-energy.com for a list of Sun-Energy Network Members.



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FASHION

SASKATCHEWAN FASHION

Don Rice: Sporting two looks from his collection

By Michelle Berg

StarPhoenix sports staffer Don Rice has been collecting sports memorabilia for more than 30 years.

His collection started with a t-shirt from a game in the 1970s and a Montreal Expos Gary Carter autograph — it grew from there.

Now the only time he's seen without a t-shirt shirt, jacket or jacket over him is if he's reporting at an event. "It feels weird those days I have way more sports clothing than normal stuff."

His two favorite teams are the Montreal Expos and the Saskatchewan Roughriders.

He has an extensive collection of Roughriders memorabilia, including shorts worn when he was the all-time Montreal logo is stamped down mould with it. LeFleur is Rice's favourite Expo because he felt him hooked on the perks of baseball. "I'm such a big fan LeFleur fan — he was such a darling base runner."

Another piece that stands out is a game-worn off-time greatest expo Gary Carter jersey.

Rice accumulated the majority of his Peppermint attire when they won the Grey Cup in 2007 and it's continued ever since.

"I have all four Grey Cups represented in my '70s which I had on all at the same time when they won." This included shirts from 1986, 2003, 2005 and a jacket from the 2007 Cup.

Since the Riders won the Grey Cup on New Year's Day, Rice hasn't gone a day without at least one Grey Cup Championship ring. "It's going to be a while until I go a day without wearing at least one thing with the Rider logo. He go so shirt at the moment, the one picturing Durant holding up the cup. "I'd wear this one every day if I could."

What's your winter style?

Send a note to bridges@thestarphoenix.com



GREEN ROUGHRIDERS OUTFIT

- 1 GREEN RIDER TOQUE
- 2 SHIRT: Darren Dufour holding the 2013 Grey Cup
- 3 ZIP-UP HOODIE: With retro Riders logo. "I fell in love with this. It has all the years the Riders won the grey cup (prior to 2003)"
- 4 WINTER JACKET: With embedded Riders logo
- 5 RIDERS VESTS: "I like the puzzle things. The bigger the better."
- 6 GREEN RIDERS SNOW PANTS: "Want to add the green pants to the outfit just sort of robbery."
- 7 2007 GREY CUP CHAMPIONS: "They sold these to fans. I'm hoping they will again this time."

MONTREAL EXPOS OUTFIT

- 1 MAD Custom made 1981 RLE champion warm-ups. "They had a reunion last year so I had these made just before going out to the reunion."
- 2 JACKET: Gary Carter's 1982 game-worn jersey
- 3 JACKETS: 1994 game-worn
- 4 GLOVES: Used a game from LeFleur's Expos days
- 5 MUR-GLOVED: With LeFleur's name on it
- 6 CLEATS: Game worn from 1980 when Ron LeFleur was the all-time Montreal Expos stolen base record holder with 97."

Don Rice in his sports attire. BRIDGET PHOTO BY MICHELLE BERG

READ MY BOOK

LOCAL AUTHORS:
Writers tell us what makes their book
worth reading

ASHLEIGH MATTERN

McKay merits spot in Herstory

While working on the 2011 edition of *Herstory: The Canadian Women's Calendar*, I became enthralled with a woman who died the year after I was born.

Anne Maude McKay was the first Metis and first Aboriginal woman to graduate from the University of Saskatchewan. She paved the way for other women at the U of S as the first female editor of the student newspaper the *Sheaf*, and one of the founding members of the U of S Alumni Association.

She also travelled through north east Saskatchewan, started radio shows played hockey and won prizes at a time when few other women did so. Researching *Herstory*, I felt like I knew her. I felt like maybe we would

have been friends if word had in the same time I cried when I read about her death, over thirty years later, she died decades ago.

The *Herstory* calendar is full of inspiring women like MacKay whose stories are inspiring poems, work of art, photographs, or tape page about and by women.

Women have always played an important role in Canada, but most history books feature so few women, they would lead you to wonder if that

is in fact true. The *Herstory* calendar highlights the amazing Canadian women whose stories have been largely ignored.

The 2014 edition features has about 300 women from community organizer Ruth Robison, poet E. Pauline Johnson, author Virtue Reid, entrepreneur Dell'Osma, teacher Marjorie Lanthomas, and Olympic Swimmer Hilda Miller, poetry by Jeannine Hill, Linda Crozier, and Shirley Grant, artwork by Lawrence Mardon, Sarah Lennox, and Catherine Miller as well as tape pages and historical and contemporary photos.

The calendar is created by the Saskatoon Women's Collective, established in 2001 with the goal of sharing a light on women and women's achievements in Canadian history. The first issue was published in 1994, so the 2014 issue marks the 20th anniversary of the calendar.

The collective is moving into a new era, with members recently joining who weren't born yet when it was formed — myself included! The world is much kinder to women now than when the collective was formed, but the need to highlight women's stories still exists.

In Saskatoon, the calendar is available at Coles stores, the Stockdale Marketplace, and McNally Jackson. In Regina, the calendar is available at Coles, Traditional Food Craft Gallery and the Ottawa Books office. It also can be ordered online through the Coles website.



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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

Bedroom gets a curated new look

By Ashley Martin

WHO? Christy Denbar, her husband, Jay, and their two little kids.

WHAT/WHERE? The master bedroom of their east Regina bungalow.

WHEN? They've lived here eight years and in that time have renovated the entire main floor. The master bedroom was the last project. Denbar, an interior designer by trade, it took about eight months to finish.

WHY? Her old bedroom was dark and dated and didn't fit with the rest of the house, which has a light and airy feel. Plus, in her 30s, Denbar felt like she deserved a beautiful bedroom.

HOW? It was a simple renovation — she just had to paint and put the pieces in the room to create a completely different look.

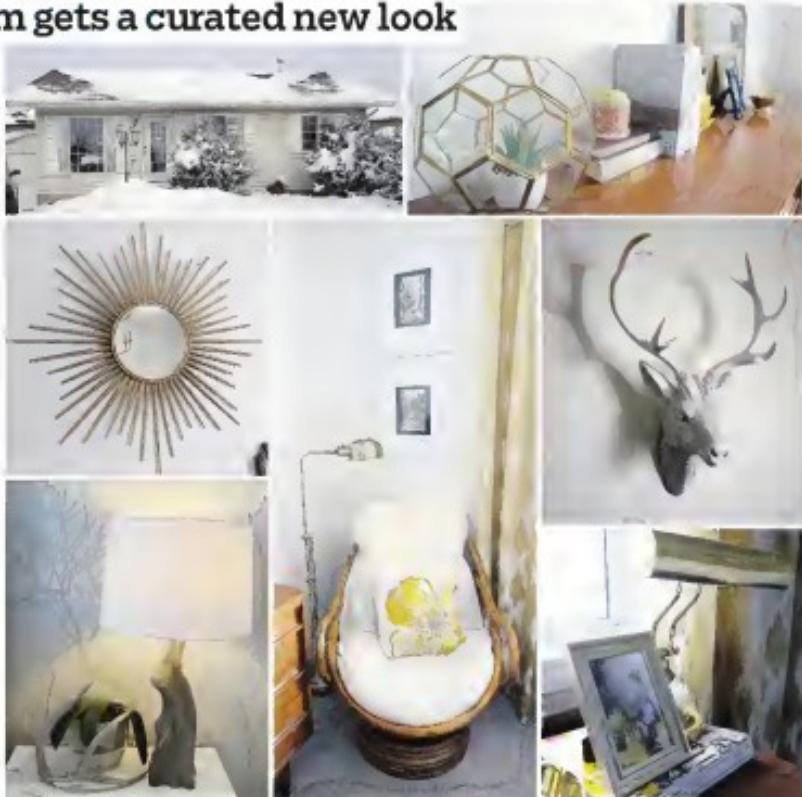
A aside from the headboard, bed and light fixture, every piece in the room is second-hand, which is why the renovation took so long. She found them through David Reyna and garage sales.

"I just had to wait till I found those well-priced garage pieces."

Denbar is a fan of second-hand items in all areas of the home. She can get quality furniture for a fraction of the price, like her five-dollar solid wood dresser that cost \$30 at a garage sale.

"You can find really cheap pieces that look great!"

PHOTOGRAPH BY ANDREW RYKES



NEXT WEEK: Is a vegetarian/vegan diet unhealthy for children? Email bridges@thestarphoenix.com

PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

What do you think of vaccinations?



"I believe in vaccinations. Both of my adult kids are current and up-to-date on all. We have many friends over 6 above the age recommended for that." —Daryl G.

"We just had our two infant-old vaccinations and all my older children have also been vaccinated. I personally feel the benefits outweigh any possible side effects or risks of vaccinations at all. We're not educated enough to work for us and not run ruled by fear." —Alison Cornishchuk

*Vaccines are a vital in curving diseases

that once killed our families, weren't eradicated from Canada and, my children have always been vaccinated because for me it's a matter of potential side effects for ourselves the risk of the disease they could contract, whereas our family spent a great deal of time at Donald McLean House the first year of my boys' lives seeing children who couldn't walk because of vertigo, seizures and we'd be fear their parents lived with every day reinforced the importance of vaccinating my children not only to protect them but the children who can't be vaccinated." —Michelle Grottock

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GARDENING

ALL-AMERICA SELECTIONS

The winning vegetables for 2014

By Erl Svendson

All-America Selections (www.allamericaselections.org) is a non-profit organization that has been testing and providing recommended new flower and vegetable varieties for more than 10 years. Plants are tested in several locations around North America, including some locations in Canada. In past years, plants had to perform well in all locations to be awarded the coveted AAS stamp of approval. Then, they're added to regional winners in around for geographic and climatic differences. Last week I described the 2004 winning flower cultivars; this week we're on to the vegetables.

'Marcott' is a compact (19 to 24 inches) tall x 18 in. wide bush green bean, equally at home in container as in garden beds. Long slender stringless pods are held well above the green foliage for easy picking. Plant two to three inches apart with rows spaced 36 in. apart. For season long picking plant as soon as the danger of frost is past (late May/early June) with successive sowings two weeks apart until July. Days to harvest from planting are 50 days.

"Pak's basket" is an early heat-lover, seen both at 10 to 15 m tall & 2 to 26 m spread) elsewhere usually seen for northern areas like Sikkim/Tibet. Plants produce up to 15 to 30 clusters. Fully mature fruit are 216 to 266 mm long. Pak's basket flowers are pinkish red, though they make great pinkish/orange shankhincas or bangles but they are also excellent fruits in taste, having a fine texture and most taste. Some of their compact size can even grow them in containers as well as in the garden. Plant in hills 10 m apart after the last frost. Consider staking as reducing to save space and keep the fruit of the ground. Fifty days to know.

Mamma Miss Guello' peccorino sweet pepper produces several elongated greenish to tanish in 1 fruit per plant. A taste analysis rated at 6000-10,000 SHU.

It may require staking in windy areas. In Saskatchewan, start indoor transplant in early June; 15 cm apart in rows three feet apart. Paths from when fully yellow for best flavor. Days to harvest: 80-90. Eat fresh, grill or roast.

With a name like 'Cordellia's Carpet', it could only be a pungent Virginia vine that produces as many as five to a single large (12 x 18 in.) fat-scented flower (12 to 30 in. apart) per plant! For the horticulturist, an exuberant patio-like pungency is produced. See three seeds per hill directly on the ground (transplanting not recommended) late May/June; June, two in three feet apart. It can be used for bold decoration but is also great looking as a repeatable or an annual edging. Flavour is described as sweet and nutty — possibly 'Honey' when the skin leaves its plummy sheath, shortly after flowering, or before ripening.

This year, three innovations made it to the trials. First is *Chef's Choice* Grapes, an inter-variety vine (crossing) that produces 50 pounds large, bright orange bunches from mid-August to transplanting. The fruit is described as "soft, hot-shaped with meat," mid-flavor and first-time taste buds are guaranteed to sing. Many more grapes will be available to trialists come fall, including new grape bunches on a compact dwarf manic bush. This does equally well in containers, hanging baskets and in the garden—a sage of growing in the ground. Harvest starts as early as 30 days after transplanting. Rounding out the trio is *Mountain Merlot*, a tall all-around red, rich, medium-sized bunch ideal for slicing, salads and sandwiches. Up to 10 fruit bunches produced on bush-type plants have been shown about 35 days after transplant. All three grapes have good to

excessive resistance or various diseases with the latter two having some late blight otherwise. As with all to make sure soil is kept evenly moist to prevent blossom end rot, a nutrient deficiency problem caused most frequently by drought stress.



The *Cedrus-Baileya* community, situated along



The "Merry Ma Garry" yellow perch were



The Rich & Ruthless Conclusion



The Roasted Tomato

If you're interested in seeing some of the past AAS flower winners, visit the demonstration gardens on the south side of the Agriculture and Bioresources Building at the University.

The volume is bounded on two

of the Stockholm Potential Society (www.hslipsen.se) and no, Northeastern

Upcoming events
Jun 22, 9:30 p.m. — Let's Talk Turkey Set back and enjoy the historical, cultural and history of Turkey.

through Jackie Randi's eyes as she takes you on a virtual tour of her recent travels. Emmanuel Anglican Church, 607 Dufferin Ave (Banks town). Go to the backdoor and down the stairs to the basement. Hosted by the KK Provincial Knights Ferry.

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McInerney creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridge@thestarphoenix.com. One winner will be chosen each week.



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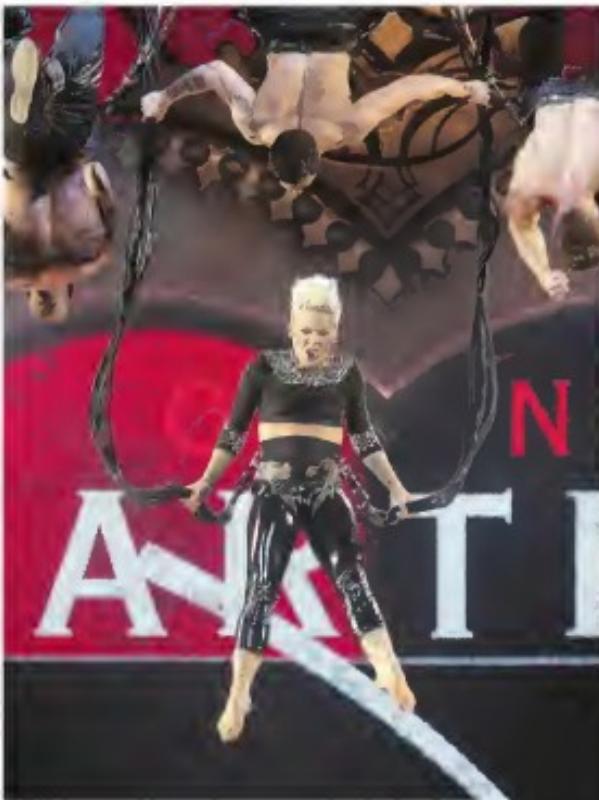
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Last week's contest
winner is Presley Sand.
Thanks to everyone who
submitted entries.

ON THE SCENE

PINK'S TRUTH ABOUT LOVE TOUR



When Pink came to Saskatoon on Jan. 15, fans got much more than an average pop concert. The Raise Your Glass singer combined high-flying acrobatics — which had her dangling from the rafters of Credit Union Centre — with killer live vocals and a stage so elaborate even Cher would be envious.

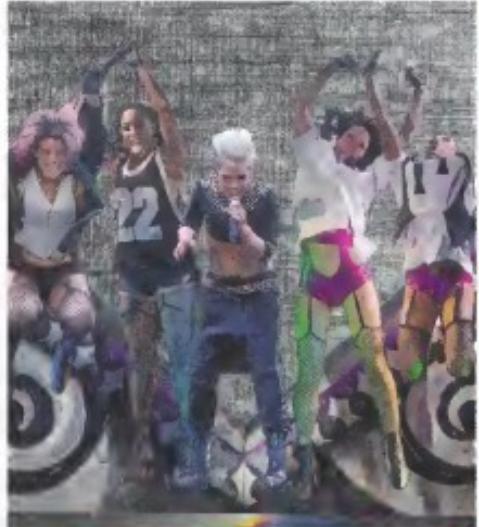
1. Kaitlin Bonomi and Peyton Everston

2. Morgan Drywachuk, Nicole Wright, Amanda Holman and Stacey Lester

BRIDGES PHOTOS BY GORD WALDNER



Two major concerts for Saskatoon were announced last week. On Aug. 26, Katy Perry will return to Credit Union Centre as part of her Prismatic world tour. As well, Bruno Mars has added a leg to his Moonshine Jungle world tour, including a performance in Saskatoon on Aug. 3 at Credit Union Centre.



- 5. Jessica Lukin and Melissa Andagh
- 4. Trevor Meiers and Amy Miller
- 3. Adrianna and Julian Hodges and Taylor Hill
- 6. Genny Jensen and Shavona Erleleott
- 7. Tere Rute, Jessica Brost, Amico Berni and Amanda Botschevewo
- 8. Sherlene White and Priscilla Yurech
- 9. Dmytro Kostyuk and Rachelle Richardson



ASK ELLIE

Therapy may be the only option for troubled couple

Q. I'm 30, and my wife of 13 years is 37. We have two great kids, ages 9 and 12.

Three years ago, she had an affair with someone from our trailer park. He was a drunk with her muscles and bottom. I watched her follow him around, laughing for three years before the affair began.

She's single with two other guys from the park (once each). Boosie was a big factor, and she's since quit drinking.

We've seen a counselor twice. I've gone impulse. Both therapists said I couldn't resolve anything unless she'd participate. She never did.

Soon after it all came out, she said I should let it go, the past is past as blossoms.

She often complains about our sex life, and almost never comes to me. She says it's the men's job, all though she doesn't like other men.

We have sex four to five times a week and I'd always thought it was good.

I once felt proudly faithful to her since I was 18. Now I feel like a fool.

Ask Ellie



She's cheated on me only on, but I felt it'd be different once we got married.

She's finally agreed to go to a therapist with me. She brought a list up and I went off. She now realizes that I've been hanging on to a lot of anger.

My problem: I don't know what she can handle. I have a lot to say I think about cheating all the time. She for revenge, but because I want to end someone's having sex with me because they want me, not because I'm the only option I want to have something to compare our sex to.

I fear therapy may make things worse. Our relationships are almost per-

fect other than sex and the affair. What's not okay to say in therapy?

Thinking Ahead
A. You can't get "past the past" by holding on to your feelings of hurt, sexual dissatisfaction, and anger. She can't get past her past by refusing to leave those feelings.

We, therapy can solve all this up. But it's likely the only way you'll manage to stay together without you shouting in snarls of affirmation (she's always angry) and her going back to shouting and taking you for granted.

Decide what you can handle — a few more years at least of feeling in secure with her and wondering if some new guy comes along? What about the effect on the children's home environment?

Or a chance to discover whether she can confront her own demons? And the possibility you two can re-create your relationship — maybe.

Q. I have my wife of eight years. we have three children. My parents

and my wife don't get along.

Recently my parents took the kids for a weekend and they fought in front of them. My son, 6, said he didn't like being alone with them.

Now we're having a hard time letting them go anywhere with my parents alone.

They're questioning my parenting. I don't want the children exposed to that.

Am I Wrong?

A. Your basic emotional well-being is a priority, and sometimes requires putting limits on negative influences, even from your own parents.

It never hurts to reflect on your own parenting style last when comfortable with your joint decisions with your wife; you must stand firm.

Tell your parents you love them, but they must respect your ways, and your boundaries. They must not make children uncomfortable with fights in front of them. If they persist in doing so, they can only end with them when you and/or your wife are present.

Q. I'm 18, and Bill my boyfriend was having infidelity because he was having another girl. I asked him about it and ask him last question he showed me. It became a huge issue for which I'm blamed.

I told one friend about my question. She told my boyfriend AND THE ENTIRE SCHOOL. He believed her that I was "tripping," and dropped me. I'm now afraid to talk to him. All his friends hate me. I've gained weight since, he probably won't want me back.

Battered Teen

A. You've learned a tough but an important lesson — nothing online is truly anonymous or private. Not revealing personal "secrets" is actually the best policy.

This episode will pass. If you're stressing, and work on firming up your self-esteem. Your ex-boyfriend didn't believe you, so he's not so great. Your "friends" were untrue mostly if it's your own self-esteem you need to get certain about. Talk to your parents for their support.



Next week in BRIDGES

Art therapists like Felicitas Drobig are improving mental health through creativity

CROSSWORD

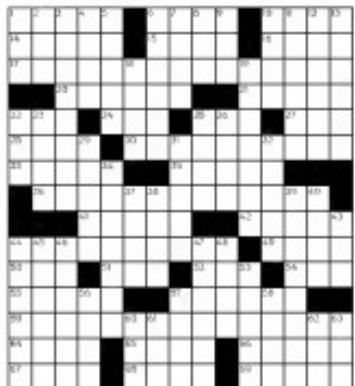
NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Seized or betrayed
2000: 10 letters
2000: 10 letters
12 Week, to a limit
14 Careless coalition
15 Outcomes! Alas, alas!
16 Solved, like a puzzle
17 Please, like a good girl?
18 Decrepit, says
21 Cared for with
22 Troublesome, hidey-ho!
23 Ape, 4 letters
24 For U.S.A. Name
25 First, million times
26 Pains kill me
27 Sounds from sources
28 It's resolved in a film still
29 Bold, etc.
30 Please! I feel a future
31 More is needed?
32 Answer that! That's right, my
33 Like
34 Cut-throat
44 Something's rotten in Denmark?
45 Doublet, hidden
50 Three, 10 letters, at
51 Crossed and Expansive
52 Doublet, hidden, 10
53 Minimalist, 10
55 Three
57 Target of autumn's
58 It's not you, it's me
60 Tired
64 Case, 10 letters, 10 letters
65 'I'd be all in' in a hyper
66 Longhouse and hill
67 Like contemporaries
68 About, a three
69 Like the sound of
70 Happens

DOWN

- 1 Lascivious
2 The call of
3 The sound of
4 Happens



JANRIO CLASSIC SUDOKU

Level: SILVER

Fill in the blank cells, using numbers 1 to 9. Each number can appear once only in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

We difficultly will range from 'Silver' (easy) to 'Gold' (harder).

	2		7	9				
8	7		2	5				
4		2		8	3			
	6	4		7				
3					1			
7		9	3					
3	1		4		7			
6	4		5	9				
5	8			3				

Solution to the January Bridges' Sudoku can be found on Page 27.

Saskatoon Concert Band

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and
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Saturday, February 1, 2014, 7:30 p.m.

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EVENTS

MUSIC

Wednesday, Jan. 22

Possing Fiction

Beds on Broadway,
817 Broadway Ave.

The Nodles

Rock Creek Tap & Grill,
102-1120 McDowell Rd.

Thursday, Jan. 23

The Chickadees

Cracker Barrel &
Lounges,
1-227 Phoenix Rd.

Big Bang Bells

Beds on Broadway,
817 Broadway Ave.

Beets Series: Drive Thruing

The Basement,
303 Fourth Ave. N.

Friday, Jan. 24

Screamer

Beds on Broadway,
817 Broadway Ave.

Plano Friday w/ Tracy McGill- Ivry

Beets Series: After-Holiday-
Lately

The Basement,
303 Fourth Ave. N.

Big Bells

Army and Navy Club,
309 First Ave. N.

Zappa Bluegrass

McWayne Auditorium,
3300 E. 10th St. E.

Leon Gots

Hardell Series: Citizens'
Cruise

Dumb Angelina's Ride '14

Dawn and Dickie
Angeles Cantina,
632 10th St. E.

Two Man Group

Jiggy's Pub & Grill,
1425 S. 16th St. Dr. N.

The Rebels

Starry Place
106-110 Ruth St. E.

The Sub Killas-Dubat w/ Great Danie and the Pissers-

Wing Quattro
The Basement,
303 Fourth Ave. N.

Elly Bob

Army and Navy Club,
309 First Ave. N.

Phenix

Downtown Leyton,
606 Spokane Crse. W.

New Born

Mckayla Robinson,
3300 E. 10th St. E.

SwallowBones Concert

Wreches and Ropes, and
Across the Pond

Loud Pub

1st Canyon Dr.

Cavapoochey w/ Banga Van

Anton's Tavern,
632 10th St. E.

Two Man Group

Jiggy's Pub & Grill,
1425 S. 16th St. Dr. N.

The Rebels

Starry Place
106-110 Ruth St. E.

Sunday, Jan. 26

Jean & Greene

Mutana Legion,
3021 Louise St.

Tuesday, Jan. 28

Kiddie Hobo Circus Show

Beds on Broadway,
817 Broadway Ave.

© ART

Mandal Art Gallery

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reception at 8 p.m. Talk hour
by Trace Nelson Jan. 26, 1 p.m.

Free rock monkey workshop
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8144. Registration continues
for Adult Drawing Classes

In February and March. Visit
www.mandalart.com.

SCVPA Gallery

Until Jan. 24 at 253 Third Ave.
S. Secret Places by Jeanine

Petras, Magnificence by Kevin
Westgate and Adrienne Cope,
Jan. 27 until Feb. 16. An uncle
and nephew display their art
work together. Reception Jan.

26, 6 p.m. to 10 p.m.

Galleria on Third, Wetkrose

Until Jan. 25 at 102 Third Ave.
N., Wetkrose Escape, a group
show by Wetkrose and other
artists.

AKA Gallery

Until Feb. 1 at 203 20th St. W.
301 Restaurant 301 — Home

on Future Earth (Amber

Mitton), a trifocal project by Jo
Ann Jackson. Tickets \$10. Holiday
by Mora Shamus, until Feb. 8.

Henderson House Showcase

Until Feb. 1 at 717 Broadway
Ave. Contemporary, elegant,
Timeless, Leaves and Shells
by the Textile Art Group.

Marie Coffey Bar

Until Jan. 28 at 411 Herold Ct.
Photography by David Lef-
wick, on sale and display.

PAVED Arts

Until Feb. 1 at 624-626 18th St.
W. A. Johnson Kitchen Table

Bill Daddi Sets the Beat by
Averil Christensen and Karen
Polowski, and First Impressions
by Jane McMillan

Marianian by Michael
Chadurie, until Feb. 21 in the
All Aspects

Dancing Day La Perle by Greg Koenig



Dancing Day La Perle by Greg Koenig (on display) at The GalleriaArt Placement. Submitted Photo

Wausau Library

Through January at Wausau
January Show. Works from
Winterworks art for the
season.

Parkridge Centre

Through January at 1020 Grop-
per Crse. Art in the Centre
January Show. Works from
Magyar Artists.

AKA Gallery

Until Feb. 1 at 203 20th St. W.
301 Restaurant 301 — Home

on Future Earth (Amber

Mitton), a trifocal project by Jo
Ann Jackson. Tickets \$10. Holiday
by Mora Shamus, until Feb. 8.

The GalleriaArt Placement

Until Feb. 1 at 303 Third Ave.
N., Newworks: new works by

photography artists Robert Christie,
Louise Cook, Greg Herde, Chris
Hunkins, Dennis J. Henley,

Catherine Pennington and Lorrie
Russell.

Centro East Galleries

Until Feb. 1 at The Centro
Street Revival Photography

in the Royal Cafeteria, TOU Plaza
in the Jade Garden, Scott
Photopix Photography in the

America Gallery, Art by Greg
Gordon in the Sonoma Gallery,
Seafusion Summer Gallery
and Prairie School Photo
Gallery in the Lawnder Galley,
Seafusion/Prairie School

Island in the Indigo and Ma- genta Galleries

Until Feb. 2 at 2-3000 28th St.
E. Owen T. Shaw: Works by

Nelson Preiss, Kim Kenner
and Michael Petersen.

St. Thomas More Gallery

Until Feb. 3 at 1437 College Or-
In Site by Monique Morris

Painting Masters, until Feb. 26.
300 New works by Jim also
Printmakers.

The GalleriaArt Placement

Until Feb. 1 at 303 Third Ave.
N., Newworks: new works by

photography artists Robert Christie,
Louise Cook, Greg Herde, Chris
Hunkins, Dennis J. Henley,

Catherine Pennington and Lorrie
Russell.

Affinity Gallery

Until Feb. 22 at 813 Broad-
way Ave. Phil a Walker is it by

Michael Hensel. New works
inspired by recent experiments
with materials.

Garden Sculpture Gallery

Tuesdays at noon until Feb. 26
at 191 Murray building, U of S.

Cinema Lumière. Shows about
garden sculptures.

Phoenix Star Gallery

Until Feb. 26 at 1106 Eighth St.
E. Out the Blue: What happens
when lightning strikes? Works
by lightning artists and

Black Spruce Gallery

Open through the winter
at Northwest Aerospace on
Highway 2. After Glass, a group
show.

■ SPECIAL EVENTS

Literature Matters Series I

• Debbie Burne and Harold
Henderson

Jan. 22, 7:30 p.m., at Grace-
Westminster United Church,
10th and 18th Sts. The first talk in

the 2014 series. "Tales by mem-
bers of the University—mem-
bers of English Lit. Uni—Findlay

and Tolson. Turner birthday
with 'tales of the people'
Debbie Burne and Harold
Henderson."

West in Case

Jan. 23, 7:30 p.m., at Fellowship
Hall in Emmanuel Baptist
Church, 1636 Academy. A pre-
sentation by Harold Timney
on climate change and resource
misery to be available.

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

The Canadian Brass

Jan 23, 8:30 p.m., at Roy Thomson Hall A look at the Canadian Brass. Five tremendous brass musicians — each a virtuoso in his own right — form the legendary Canadian Brass.

Writing North At Recital, Ingegård & Outlaws

Jan 23, 7:30 p.m., at Neelby Theatre, Arts-Steve's, 241 at the U of G's third-annual "winter" festival that targets students and anyone interested in writing and books. With presenters Catherine Bush, Maxine McKew, Alice Munro and gone Grindelwald. There is no charge. Visit writingnorth.ca/ or write skwitzer.com.

Saskatoon Seapos Improve Comedy

Jan 24, 9:30 p.m., at Ethel-Wein Theatre The Improv comedy troupe brings laughter to the stage.

Robbie Burns Supper

Jan 25, 6 p.m., cocktails, 7 p.m. dinner, 8:30 p.m. entertainment, at Henrik Ibsen Soccer Centre, 219 Primrose Drive Sponsored by the 9th Highlanders Pipes and Drums and the North Saskatchewan Regiment Pipes and Drums. An evening of Scottish arts and culture. For reservations call 306-944-7129 or 306-343-9407.

Rockits Burner Night

Jan 25, 6:30 p.m., at Niagara Landing, 3027 Louise St. A legion fundraiser. A traditional feast, a traditional pipe, and music by Alan and Dennis.

Toronto Chinese Lion Dance

Jan 25, 10 a.m., at Delta-Dunes Casino, 204 Delta-Dunes Way, Whitchurch-Stouffville Chinese lion dance, the arrival of the Year of the



With-winter weather over the weekend, and everyone needed to play on the ice at the Winkler Farmers' Market. February 2013. (Dan Madill/The StarPhoenix)

Horse featuring King Peacock drumming and the Lions Denim.

Winter Interlude

Jan 26, 1:30 p.m., at Christ Church Anglican, 315 28th St. The Saskatoon Philharmonic Orchestra performs featuring Alpine-style jazz arrangements. Works by Saint-Saëns, Mozart, Beethoven, Dvorák, Hindemith and Vivaldi.

Pekka & Corp. Winterlude Snow Festival

Jan 26 to Feb. 2 at the Saskatoon Farmers' Market and York Landing, featuring an ice park, winter playground, slide rides, international ice carving competition, and the Warm the Heart soup cook-off. Visit www.pekka-corp.com/winterlude.html.

Bridal Show

Jan 26, 10 a.m., at Fairview Park Presented by Saskatoon Bridal Showcase. With a fashion show at 2 p.m., vendors and prizes. Visit www.saskbridalshowcase.ca

Mauroglio Piano Spin-off — Year Destiny Revealed

Jan 26, 10 p.m. to 4 a.m., at Old Towne Pub, 100 Constance St. Second Annual 5th Annual. Every year, diminished function of musicianship by progressive illness like Powell & Grimaldi, Bob Dylan, and drummer Jon McClellan.

Evening of Flies and Discussion

Jan 27, 7:30 p.m., at Saskatoon Symphony Community Centre, 4008 20th St. W. Players: Chason James with the Saskatoon Symphony Chamber Players. Works by

Whale, Schubert, Huang and Mozart

ABEllington

Jan 26, 3 p.m., at Broadway Theatre Presented by the Saskatoon Jazz Orchestra. The swinging saxes and piano music of Duke Ellington and his orchestra. Featuring pianist Jeff McLean, trombonist and past Duke Ellington band member Brad Sheppard, saxophonist Mark Deane, and drummer Jon McClellan.

Evening of Flies and Discussion

Jan 27, 7:30 p.m., at Saskatoon Symphony Community Centre, 4008 20th St. W. Players: Chason James with the Saskatoon Symphony Chamber Players. Works by

In the human spirit

THEATRE

Strawberries In January

Jan 22 to Feb. 1 at Persephone Theatre Love, coincidence, and seduction — a comedy made for an audience who loves theatre in this charming love story by Delphine de la Chêvre.

SPORTS

Canada Cup II & Canadian Junior Long Track Speed Skating Championships

Jan 24-26 at Cinespace Develop the education and development of young skaters for the national team. Winners will make up the Junior World Championship team for Canada. Visit www.canadian-speed-skating.com.



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FOOD

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FOOD TRENDS

Be wary of athlete-plugged food

Products get thumbs down from experts

By Dr. Peter Nieman

Advertising foods and beverages is a big business. Advertisers spent more than \$25 billion per year in movie theaters and another \$1 billion to promote food products. Using athletes to tout products at a prime time food companies are happy to piggy.

Kobe Bryant, an influential NBA player earned close to \$12 million per year from his endorsement contract with McDonald's, according to the journal *Pediatrics*. Peyton Manning, one of the top NFL quarterbacks in recent times, reportedly earned \$10 million per year from contracts with food and beverage companies.

I recently published a study done by graduate students such as Valia, Hana and Matthew, who sought to examine their skills. They dug deep into the type of foods professional athletes endorsed and wanted an idea of actually evaluate behavior.

The paper was published in *Pediatrics' Newsletter* issue. We researchers looked at the top 100 professional athletes selected on the basis of Bloomberg Businessweek's 2010 Power 100 ranking. They looked at all product endorsements but particularly for foods and beverages.

They used a Nutrient Profile Index to assess foods for their calorie, saturated fat, sugars, sodium and fibre content. Nutrient data was used to determine how many TV advertisements for athlete endorsed food and beverage products were viewed by individuals in different age groups in 2010.

Of the 200 brands endorsed, food and beverage ads represented 30.8 per cent, which was second to sporting goods and apparel at 32.3 per cent of all brands represented.

Closer to 90 per cent of the food products athletes endorsed were ads for energy drinks and nutrient poor foods. Of the endorsed beverages, 83 per cent had 100 per cent of calories from added sugar.

The athlete who had the most endorsements for energy-dense and nutrient poor foods was Manning, followed by Lebron James and Derrick Williams.

Manning endorsed products such as Gatorade, Wheaties, and Pepsi. James endorsed McDonald's products, Powerade and Vaseline under Williams endorsed the Jillian Michaels products.

The surprising suffice to determine that most athlete-endorsed food products are less healthy and more processed athlete-endorsed food products as healthier than non-endorsed products.

The current era of influential professional athletes in ads to endorse unhealthy foods and beverages will be difficult to change. The fundamental question will always be whether meat dear the line between too much regulation by government and allowing the free enterprise system to function on its own.

Dr. Nieman is a community physician, a clinician at the College Weight Management Center and a marathon runner.



Peyton Manning is among the athletes who endorse energy drinks and nutrient-poor food products, research published in the journal *Pediatrics* reveals. (AP Photo/Spartan Sports)

WINE WORLD

COLUMBIA VALLEY CABERNET

This is a Cabernet worth drinking right away

By James Romanow

In the last five years the wine palate has changed completely. I think this is the final stage in the democratization of wine. The push was provided by Agobello, a red wine that first won Na-1 with a bottle.

Winemakers have been seriously attacking their products in recent years. Wines that were once held to mature three years in the hold of a sailing vessel en route to India or 30 years as the owner of a land acreage set to live happily because of some war or another are now rapidly consumed within a couple of years of tasting. The vintners can't afford to inventory wines 10 years or so. Virtually no merchant can keep them that long. So what is the point of these largely tasteless wines?

Cabernet is the king of Bordeaux but is a difficult grape to love. Picked too young it is harsh. It is always high in large tannins. Although winemakers usually drink the stuff, very few really like it.

Enter the Columbia Valley a dessert that depends on the river for irrigation. The result is a very ripe Cabernet if the growers want to pick at that way. However, although this Napa Valley style is very appealing, it still represents probably the most dramatic

Keller Chateau Ste. Michelle the down of



Washington vintners Their Columbia Valley Cabernet is a very fine line between Agobello romance and the generic Cabernet invective. They have racked the tannins into satanatas, making for a smooth wine. They've also blossomed for the new style. They've also blossomed for the new style, pushing the novelty very down.

All in all it's an interesting wine, a step up from Agobello but not for a Bordeaux lover.

Chateau Ste. Michelle Columbia Valley Cabernet Sauvignon, USA, 13.1% alc/vol

More great wine in Monday's paper or on Twitter @jamesromanow.

Crossword/Sudoku answers

BUBBA	MAND	EBON
KAROM	ATTU	TOKRE
AWARD	OFTTHE	ESTATE
DEEPEN	HATER	
PBS	SIR	BSD
AAHS	ESCAPE	EGO
SHAPE	USEBY	
AWAY	WITHDROS	
DEERE	REBOKE	
ISMELLARAT	SEER	
MTE	ALG	BUS
PARES	GASHERS	
ALIGHT	INTHE	DARK
LANKA	JRAE	AGGLE
AGED	PETS	READY

6	5	2	4	3	8	7	1	9
9	8	3	7	1	6	2	5	4
4	1	7	2	5	9	8	3	6
8	2	5	6	4	1	9	7	3
3	4	9	5	7	2	6	8	1
1	7	6	8	9	3	4	2	5
2	3	1	9	8	4	5	6	7
7	6	4	3	2	5	1	9	8
5	9	8	1	6	7	3	4	2

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Spotlight on Research

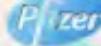
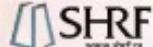
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